

Hungry for More?-NDNC Offers Food for Thought

NDNC Annual Meeting and Conference, April 15 & 16, 2009

Grand International Inn, Minot ND

Wednesday, April 15

11:30

REGISTRATION

12:00

WELCOME, LUNCH

12:30-3:30

WEIGHT-RELATED PROBLEMS IN ADOLESCENTS: WHAT? WHY? AND HOW CAN WE HELP?, THE PRESENTATION WILL INCLUDE AN OVERVIEW OF MAJOR WEIGHT-RELATED PROBLEMS FACING YOUNG PEOPLE TODAY. WE WILL DISCUSS WHAT THESE PROBLEMS ARE, WHY THEY DEVELOP, AND HOW WE CAN HELP IN THEIR PREVENTION. WEIGHT-RELATED PROBLEMS IN ADOLESCENTS INCLUDE OBESITY, EATING DISORDERS, UNHEALTHY WEIGHT CONTROL BEHAVIORS, BINGE EATING, INAPPROPRIATE LEVELS OF PHYSICAL ACTIVITY, AND BODY DISSATISFACTION. RESEARCH SUGGEST THAT THESE PROBLEMS ARE NOT INDEPENDENT OF EACH OTHER, BUT CAN CO-OCCUR AND LEAD TO OTHER PROBLEMS OVER TIME. WEIGHT-RELATED PROBLEMS ARE CAUSED BY A COMPLEX INTERACTION OF INDIVIDUAL, FAMILIAL, PEER, SCHOOL, COMMUNITY AND SOCIETAL FACTORS. WE CAN TAKE ACTION TO PREVENT THE BROAD SPECTRUM OF WEIGHT-RELATED PROBLEMS IN YOUNG PEOPLE. EXAMPLES OF ACTIONS THAT CAN BE TAKEN WITHIN THE HOME AND AT SCHOOL WILL BE PRESENTED. WE WILL DISCUSS THE FOUR CORNERSTONES FOR PARENTS WHO ARE INTERESTED IN HELPING THEIR CHILDREN HAVE A HEALTHY WEIGHT AND A POSITIVE BODY IMAGE. SHE WILL DESCRIBE AN INNOVATIVE SCHOOL-BASED PROGRAM, NEW MOVES, DESIGNED TO PREVENT OBESITY WHILE PROMOTING A POSITIVE BODY IMAGE AMONG ADOLESCENT GIRLS.

FAMILY MEALS AND WHY THEY ARE WORTH THE EFFORT: WHAT HAVE WE LEARNED FOR PROJECT EAT?, ARE FAMILY MEALS A THING OF THE PAST? WHAT DO FAMILY MEALS IN THE HOMES OF TEENS LOOK LIKE? DO THEY REALLY MATTER? IN THIS PRESENTATION WE WILL: EXPLORE FAMILY MEAL PATTERNS IN THE HOMES OF TEENAGERS, EXAMINE ASSOCIATIONS BETWEEN FAMILY MEAL PATTERNS AND DIETARY INTAKE, DISORDERED EATING BEHAVIORS, WEIGHT STATUS AND PSYCHOSOCIAL HEALTH IN ADOLESCENTS. QUALITATIVE, CROSS-SECTIONAL, AND LONGITUDINAL DATA FROM PROJECT EAT, WILL BE UTILIZED TO EXPLORE FAMILY MEALS AND THEIR POTENTIAL BENEFITS. RECOMMENDATIONS FOR INCREASING THE QUANTITY AND QUALITY OF FAMILY MEALS WITHIN OUR OWN HOME AND THE HOMES OF OTHERS WILL BE DISCUSSED. DIANNE NEUMARK-SZTAINER, PH.D., M.P.H., R.D.-UNIVERSITY OF MINNESOTA, PUBLIC HEALTH

3:45 -4:15

ANNUAL MEETING, DOOR PRIZES

5:00-6:30

SOCIAL – FOOD, ENTERTAINMENT, DOOR PRIZES

Thursday, April 16

7:30

REGISTRATION AND BREAKFAST

8:15-9:15

BREAKOUT SESSIONS: CHOOSE ONE

1. **PHYSICAL ACTIVITY GUIDELINES**, DR. CHUCK FOUNTAINE, NORTH DAKOTA STATE UNIVERSITY
2. **CELLULITE SECRETS AND WEIGHT LOSS SOLUTIONS**, LEARN WHAT CELLULITE IS AND WHAT YOU CAN DO ABOUT IT. FIND OUT HOW WEIGHT GAIN OCCURS AND DISCUSS BASIC PRINCIPLES OF EXERCISE THAT WILL HELP YOU UNDERSTAND METABOLISM. LEARN HOW TO DETERMINE YOUR BODIES CALORIC NEEDS AND HOW TO SET SPECIFIC GOALS TO MANAGE WEIGHT EFFECTIVELY. DISCUSS STRATEGIES THAT CAN HELP YOU PRACTICE EFFECTIVE LIFESTYLE MANAGEMENT SKILLS TO KEEP YOU AT YOUR DESIRED BODY COMPOSITION AND WEIGHT. DR. TERRY ECKMANN, MINOT STATE UNIVERSITY
3. TO BE DETERMINED

9:30-10:30

REPEAT OF 8:15-9:15 PRESENTATIONS (CHOOSE ONE)

10:45-11:45

PANEL PRESENTATIONS, (CHOOSE ONE)

DINING WITH DIABETES IN YOUR COMMUNITY, LEARN ABOUT INITIATING A DWD PROGRAM IN YOUR COMMUNITY WHILE BUILDING PARTNERSHIPS WITH COMMUNITY MEMBER PARTICIPANTS, AND HEALTH CARE AND EXTENSION PROFESSIONALS. THE DWD CURRICULUM HELPS PEOPLE LIVING WITH DIABETES INCORPORATE HEALTHY, LIFE SAVING STRATEGIES INTO THEIR LIVES. DR. ABBY GOLD, NDSU/U OF M AND PANEL PARTICIPANTS

“GOING LOCAL NORTH DAKOTA” AN INITIATIVE OF THE ND DEPARTMENT OF AGRICULTURE, THIS SESSION WILL INSPIRE YOU TO PURSUE LOCAL FOODS INITIATIVES IN YOUR HOME, YOUR WORK PLACE, AND YOUR COMMUNITY. KAREN EHRENS AND SUE BALCOM

11:45

DOOR PRIZES, ANNOUNCEMENTS

12:00

THANK YOU FOR ATTENDING. SEE YOU NEXT YEAR!!